

Positive And Negative Effects Of Technology

Introduction

In the current globalized world, we are exposed to different types of technologies around us. Technological development is not restricted to a specific sector. In comparison to the old days, technology provides us with improved facilities and luxuries that make life comfortable. For some people, it is more of a risk than a boon however. The advantages and drawbacks of technology compels us to give a second thought whether it is destructive or advantageous for a common person.

Disadvantage of technology:

Lack sensitivity

Excessive involvement of people in the internet and gaming and other forms of online activities, has made them totally withdrawn from the family. They lack empathy towards their near and dear ones. Liking a picture on Instagram is different from complimenting a person in person. Failing to attend to the needs of the family, is slowly reducing the warmth of the relationship ties among people.

Digital Eye Strain

There is no doubt in saying that cell phones are an irreplaceable and essential part of our life. It serves as both a curse and a blessing. When seen in terms of healthcare, use of this device has proved to be dangerous. Constant looking at screens causes short-sightedness, reduced concentration and lowered body movement. Prolonged use of tablets, cellphones and computers leads to eye strain. Some of the signs of it includes: blurred vision, headaches, dry eyes, neck pain, shoulder pain

Sleep issues

People are so addicted to using technology that they don't even leave using these devices in their bedroom. This causes interference with sleep in numerous ways. As per the recent study, it is concluded that use of tech devices before reaching bed impacts sleep on physiological and psychological levels.

Exposure to the “blue light” emitted by the devices shows that it suppresses production of melatonin in the body and disturbs the circadian clock of a person. Due to which it makes it difficult for people to fall asleep. Due to inferior quality of sleep, it makes them less alert, lethargic and irritable in the morning.

Less creativity

Overuse of technology is seen to reduce the creativity skills in a person. He loses his ability to imagine or think deeply about any subject. Lack of emotional reaction and social skill are the drawbacks of technology. It leads to social isolation that is seen as reduced communication with friends, less involvement in social activities, and at the workplace.

Lack of privacy

Technology leads to loss of privacy. As everything is visible on Facebook, other people can easily find out the address and communication information of a person in just a few clicks. Phishing, hacking and viruses can also be used to find out any information pertaining to a person.

Positive effects of technology:

Effective communication

Technology makes communication easier among people. With the help of video calls, voice calls, social media, instant messaging, Skype, etc. instant communication is possible. Also, when compared with older times, technology has made communication affordable and simple.

Education

Technology has opened the doorway to online learning. Now, students can avail online courses from the comfort of their home. Various recognized universities now provide online degrees to students without the need to attend the college. This is realized through online learning sessions.

Makes shopping hassle free, affordable and quick

With the increasing use of the internet, a lot of shopping brands have opened their ecommerce retail stores. Online shopping makes shopping effortless and an

enjoyable experience for everyone. Availability of items at wholesale price helps people save a lot on shopping.

Improved transportation

With technology, it is easier for people to cover larger distances easily, affordably and quickly. People can now reach a different country easily, that was not possible in olden times.

Medicinal Advancements

Better diagnosis of diseases and their treatments are one of the benefits of technology. It assists health applications to track severe ailments and communicate important information to doctors. There are health applications that enable its users to track diet, mental health information and exercise. One can use e-medical records to get access to test results. It also enables them to fill prescriptions, make virtual visit to doctors, get online education, ease and research.

Conclusion

Technology is an eminent part of our daily life. Though it poses a few negative effects, it also provides a wide range of positive benefits in areas of education, general welfare and health. Learning about these impacts help in taking steps to recognize and reduce them so that you can make the most out of its positive impacts.